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PERCEIVED STRESS, MOOD STATES ASSOCIATED WITH OPTIMAL PERFORMANCE AND DECISION MAKING STYLES IN ELITE FEMALE BASKETBALL PLAYERS [1]

ELİT KADIN BASKETBOL OYUNCULARINDA ALGILANAN STRES, OPTİMAL PERFORMANS DUYGU DURUMU VE KARAR VERME STİLLERİ

Burcu GÜVENDİ[1], Nurgül KESKİN[2], Evren Ebru ALTINCI[3], Ayşe TÜRKSOY[1]

[1] Istanbul University Sports Sciences Faculty, Psycho-Social Fields in Sports Department, Istanbul / Turkey
[2] Marmara University Institute of Health Sciences, Department of Physical Education and Sports, Istanbul / Turkey
[3] Istanbul University Sports Sciences Faculty, Physical Education and Sports Education Department, İstanbul / Turkey

Öz: Çalışmanın amacı elit kadın basketbol oyuncularının algılanan stres, optimal performans duygu durumu ve karar verme stillerinin bazı bağımsız değişkenlere göre incelenmesi ve aralarındaki ilişkinin ortaya koyulmasıdır. Araştırmanın çalışma grubunu 2015-2016 sezonunda Türkiye Kadınlar Basketbol Süper Liginde oynayan 63 kadın sporcu (yaş=24.20±5.12) oluşturmaktadır. Veri toplama aracı olarak, Melbourne Karar Verme Ölçeği, Sürekli Optimal Performans Duygu Durumu Ölçeği ve Algılanan Stres Ölçeği kullanılmıştır. Verilerin analizinde Pearson Momentler Çarpımı Korelasyon analizi, t testi ve Tek Faktörlü Varyans Analizi kullanılmıştır. Yaşa göre optimal performans duygu durumu alt boyutlarından kontrol duygusu alt boyutunda anlamlı farklılık tespit edilmiştir ($p<0.05$). Basketbol oynama yılına göre ise açık hedefler alt boyutunda anlamlı farklılık bulunmuştur ($p<0.05$). Yaş ve basketbol oynama yılına göre algılanan stres ve karar verme stillerinde anlamlı farklılık görülmezken; sakatlık geçirme durumlarına göre algılanan stresin alt boyutlarından olan yetersiz öz yeterlik algılarında anlamlı farklılık görülmüştür ($p<0.05$). Korelasyon analizi sonucunda, karar verme stillerinden dikkatli karar verme alt boyutu ile optimal performans duygu durumu alt boyutlarından açık hedefler, belirli geri bildirim ve göreve odaklanma arasında pozitif yönde düşük derecede anlamlı ilişki olduğu tespit edilmiştir. Kaçıngan karar verme ile yetersiz öz yeterlik algısı arasında ise negatif yönde düşük derecede anlamlı ilişki olduğu tespit edilmiştir. Yaşça büyük sporcuların açık hedeflerde daha iyi oldukları ve tecrübesi arttıkça kontrol duygusunun arttığı ayrıca sakatlık geçirmiş sporcuların daha yetersiz öz-yeterlik duygusuna sahip olduğu söylenebilir.

Anahtar Kelimeler: Basketbol, Karar Verme, Stres, Optimal Performans Duygu Durumu

Abstract: The aim of this study is to examine perceived stress, mood states associated with optimal performance and decision making styles in elite female basketball players according to the some independent variables and to reveal the relationship between them. The study group of the research consisted of 63 female athletes (=24.20±5.12) who play in the 2015–16 Turkish Women's Basketball Super League. The Melbourne Decision Making Questionnaire, the Flow State Scale-2 and the Perceived Stress Scale were used for data collection. The Pearson product-moment correlation, the t-test and the one-way ANOVA were used for analysis of data. It was found that there was a statistically significant difference in the sense of control that is the subscale of mood states associated with optimal performance according to age ($p<0.05$). It was also found that there was a statistically significant difference in the clear goals subscale according to experience increase ($p<0.05$) and there were not statistically significant differences in perceived stress and decision making styles according to experience increase and age. But there was a statistically significant difference in poorer self-efficacy sense that is one of the perceived stress subscales according to injury experience ($p<0.05$). Upon the correlation analysis, it was found that there was a statistically significant weak positive relation between 'the subscale of making careful decision that is the one of the decision making styles' and 'clear goals, specific feedback and focus on the task that are the subscales of mood states associated with optimal performance'. It was found that there was a statistically significant weak negative relation between avoidant decision making and poorer self-efficacy sense. The results showed that older athletes are better in open targets and sense of control of athletes are increasing as experience increases and also injured athletes have poorer self-efficacy sense.

Key Words: Basketball, Decision Making, Stress, Mood States Associated with Optimal Performance

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(1) *Corresponding Author: Burcu GÜVENDİ, Istanbul University, Faculty of Sport Sciences, Sporda Psycho-social Fields A.D. Istanbul / Turkey burcuguvendi@gmail.com* *Received: 14.09.2016 Date of Arrangement 23.10.2016 – 21.11.2016 Accepted: 20.12.2016 Type ofarticle (Research -Application) Conflict of Interest: None / "None of Ethics Committee"*

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INTRODUCTION

Athletic achievement is under the influence of physical performance, mental performance and psychological performance (Karademir and Çoban, 2011: 25-41). One of the ways in which the psychological processes that can contribute to the performance of athletes can be explained by examining the psychological structures associated with optimal performance (Doron and Gaudreau, 2014: 3-13). Accordingly, optimal performance emotional state has become one of the important structures and concepts that are considered in terms of reflecting the mental and psychological state that is formed by the optimal performance experience experienced in sport and exercise environment (Nakamura and Csikszentmihalyi, 2014: 239-263). Optimal performance emotional state theory, based on the idea of optimization of nine components listed as 'task challenge / skill balance, action-awareness association, clear goals, specific feedback, task focus, sense of control, reduced self-awareness' may cause an optimal stimulation state, thus emphasizes that performance may be negatively affected (Certel et al., 2013: 17-25; Smith, 2014: 261).

According to Csikszentmihalyi, the optimal performance emotional state occurs when the athlete has the ability to accomplish tasks that require high levels of struggle and difficulty and control over these tasks. Csikszentmihalyi emphasizes that if a model does not have the skills to accomplish tasks that require high levels of struggle, the athlete feels that he or she has a sense of disinterest in the case of boredom, distress, skill being low and lacks struggle if the skills are higher than the requirements of the task (Moneta, 2004: 181-217).

On the other hand, the effect of stress, a concept that affects individuals and influences their behavior, their relations with other people and their productivity, on the athletes' sportive and social lives cannot be denied (Stults-Kolehmainen and Sinha, 2014: 81-121). Athletes are struggling to cope with stress in the face of unintended and unexpected events and the perceived stress and stress-coping behaviors are different in each athlete (Kölling et al., 2015: 529-542). Stress can cause some confusion in athletes' emotions and cause them to make some unfavorable movements, as well as forgetting some movements that they know very well and have performed very well in training many times (Tazegül, 2012: 13-22). Another concept that may be related to optimal performance is decision-making, which means getting results or solving some problems (Gibson et al., 1994: 608). The use of decision-making strategies can vary depending on the age of the individual, the situation encountered, and the events in which he lives. A large number of studies on deci-

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sion-making styles in sporting environments, where decisions are not possible to be made, are predominantly based on sports experience (Elbe and Brand, 2016: 32-44; Barkoukis et al., 2014: 212-219; Dehkordi et al., 2014: 2569-2572). Having more or less experience can lead to differences in decision-making styles (Certel et al., 2013: 16-27).

When the studies in the literature are examined by taking Csikszentmihalyi model into consideration, the relationship between the optimal performance emotion state and various concepts is frequently encountered (Jackson, 2001: 129-153; González-Cutre et al., 2009: 422-440; Pineau et al., 2014: 142-158; Klinger, 2014: 257) but no studies that deal with stress and decision making concepts in sports environment are found. Accordingly, perceived stress, optimal performance emotion status and decision-making styles of elite female basketball players were investigated.

MATERIAL and METHOD

Research Group

The study group of the research in the descriptive research model constituted 63 female athletes (= 24.20 ± 5.12) who played in Turkey Women's Basketball Super League during the 2015-2016 season. 73% of the athletes have more than 10 years of sports experience.

Data Collection Tools

In the study, 'Personal Information Form', Optimal Performance Emotion Status-2 Scale, Melbourne Decision Making Scale and Perceived Stress Scale were used as data collection tools.

Continuous Optimal Performance Emotion Status-2 Scale (COPESS): The scale, developed by Jackson and Eklund (2004) and adapted to Turkish by Aşçı et al (2007) consists of 34 items and 9 sub-dimensions (Aşçı et al., 2007: 182-196). Sub-dimensions are Task Challenge/Skill Balance, Action-Awareness Association, Clear Goals, Specific Feedback, Task Focus, Sense of Control, Reduced Self-Awareness, Time Conversion, Goal Attainment Experience and the scale which is in the 5-point Likert scale type is scored between "Never (1)" and "Always (5)".

Melbourne Decision Making Scale (MDMS): The scale developed by Mann et al. (1998) is adapted to Turkish by Deniz (2004) (Deniz, 2004: 23-35). The scale consists of 28 items and two parts. In the first part, 6 items and one sub-dimension; Determination of self-esteem in decision-making; in the second part, 22 items and 4 sub-dimensions; Careful Decision Style, Avoidance Decision Style, Deliberative Decision Style and Panic Decision Style. Scale is scored as "Correct

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(2)", "Sometimes Correct (1)," Not Correct (0).

Perceived Stress Scale (PSS): The scale developed by Cohen, Kamarck and Mermelstein (1983) is adapted to Turkish by Eskin, Harlak, Demirkıran and Dereboy (2013) (Eskin, Harlak, Demirkıran and Dereboy, 2013: 132-140). There are 2 sub-dimensions of scale consisting of 14 items: Inadequate Self-Efficacy Perception and Stress / Disturbance Perception. The scale items are of the 5-Likert type, ranging from "Never (0)" to "Very often (4)".

Collection of Data

The data collection tools used in the research were applied in the 2015-2016 season, following the necessary permits are obtained by contacting with managers of the teams the athletes play in, by handing out before / after the training. Participants voluntarily participated in the survey.

Analysis of Data

In the evaluation of the obtained data, as statistical methods; Descriptive statistics, Pearson Moments Multiplication Correlation Analysis, t-test and One-Factor Variance Analysis (ANOVA) were used.

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FINDINGS

Table 1. Distribution of Scale Scores

		Number of Articles	n	Avg.	Sd.	Min.	Max.
PSS	PSS Total	14	63	30.73	6.28	16.00	46.00
	Insufficient Self-Efficacy Perception	7	63	15,55	4,17	4,00	24,00
	Stress-Perception of Discomfort	7	63	15,17	3,58	7,00	24,00
COPESS	COPESS Total	34	63	125,95	16,81	87.00	180.00
	Difficulty of Task-Skill Balance	3	63	11,34	2,04	82,00	170,00
	Action Awareness Partnership	3	63	10,41	1,92	7,00	15,00
	Open Targets	4	63	15,50	2,91	5,00	15,00
	Specific Feedback	4	63	14,65	2,37	7,00	20,00
	Mission Focus	4	63	14,87	3,02	9,00	20,00
	Control Sensation	4	63	14,73	2,20	7,00	20,00
	Decreasing Self Awareness	4	63	13,84	2,98	11,00	20,00
	Transition of Time	4	63	14,41	2,92	6,00	20,00
	Experiencing Reasoning	4	63	16,15	2,67	6,00	20,00
MDMS	Self-esteem	6	63	5.98	1.85	3.00	12.00
	Careful Decision Style	6	63	8.23	2.45	3.00	12.00
	Avoidant Decision Making Style	6	63	4.61	2.88	0.00	12.00
	Deferred Decision Making Style	5	63	3.87	2.18	0.00	9.00
	Panic Decision Making Style	5	63	4.19	2.26	0.00	9.00

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Table 2. Anova Results of Ooptimal Performance Emotional State Scores by Age

	Ages 17-20 (n=23)		Ages 21-24 (n=22)		Ages 25 and above (n=18)			
	Avg.	Sd	Avg.	Sd	Avg.	Sd	F	p
Difficulty of Task-Skill Balance	11.04	2.16	11.18	2.15	11.94	1.69	1.10	0.33
Action-Awareness Partnership	9.82	1.69	10.59	1.65	10.94	2.15	1.90	0.15
Open Targets	15.26	2.75	14.72	3.42	16.78	2.01	2.73	0.07
Specific Feedback	14.26	2.57	14.22	2.34	15.67	1.88	2.42	0.09
Mission Focus	14.78	3.13	14.22	3.06	15.78	2.77	1.33	0.27
Control Sensation	14.52	2.37	14.09	1.57	15.78	2.36	3.29	**0.04***
Decreasing Self Awareness	13.35	3.06	13.36	2.46	15.06	3.26	2.16	0.12
Transition of Time	13.82	3.17	14.50	2.82	15.06	2.73	0.90	0.41
Experiencing Reasoning	16.44	2.95	15.46	2.67	16.67	2.24	1.21	0.30
COPESS	123.30	16.97	122.36	16.77	134.17	14.59	3.00	0.57

Analyses have shown that there is a significant difference in the sense of control (F = 3.29, p <0.05) sub-dimension of Optimal Performance Emotional State-2 Scale according to age variable (Table 2).

Table 3. Results of t-test According to Disability Status of Perceived Stress Scores

Perceived Stress SCale	Yes(n=5)		No (n=58)			
	Avg.	Sd	Avg.	Sd	t	p
Stress / Perception of Discomfort	15.40	3.57	15.15	3.61	0.15	0.89
Insufficient Self-Efficacy Perception	18.60	2.70	15.29	4.19	2.49	**0.04***
PSS Total	34.00	3.81	30.44	6.39	1.87	0.11

Analyses showed that the Perceived Stress Scale had a significant difference in the sub-dimension of inadequate self-efficacy perception (F = 3.85, p <0.05) compared to the disability status variable (t = 2.49, p <0.05) (Table 3).

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Table 4. Anova Results According to Basketball Playing Year of Optimal Performance Emotional State Scores

Scale	5-9 years(n=17)		10-14 years(n=30)		15 years and above (n=16)			
	Ort.	Ss	Ort.	Ss	Ort.	Ss	F	p
Difficulty of Task-Skill Balance	11.25	2.27	11.30	2.18	11.75	1.48	0.48	0.62
Action-Awareness Partnership	10.41	2.00	10.26	1.92	10.68	1.92	0.24	0.78
Open Targets	15.06	2.70	14.93	3.31	17.06	1.61	3.29	**0.04***
Specific Feedback	14.17	2.87	14.57	2.50	15.31	1.25	0.98	0.38
Mission Focus	14.94	3.19	14.37	3.26	15.75	2.27	1.10	0.34
Control Sensation	14.29	2.52	14.50	2.25	15.62	1.50	1.87	0.16
Decreasing Self Awareness	13.94	2.79	13.37	2.94	14.62	3.26	0.94	0.40
Transition of Time	13.94	3.41	14.37	2.88	15.00	2.50	0.54	0.59
Experiencing Reasoning	16.41	2.98	15.80	2.86	16.56	1.93	0.52	0.60
COPESS	124.23	19.39	123.46	17.89	132.86	8.41	1.72	0.18

Analyses showed that there was a significant difference in the Open sub-dimension of the Optimal Performance Emotion State-2 Scale compared to basketball playing year variable ($F = 3.29$, $p < 0.05$). According to the basketball playing year variable, scores obtained from sub-dimensions of Perceived Stress Scale and Decision Making Scale did not differ significantly ($p > 0.05$) (Table 4).

Table 5. Correlation Results Between Perceived Stress, Optimal Performance Emotional State and Decision Making Styles

		Careful Decision Making	
		r	p
Optimal Performance Emotional State	Clear Goals	.276*	0.02
	Specific Feedback	.278*	0.02
	Task Focus	.327**	0.00
		Avoidant Decision Making	
		r	p
Perceived Stress	Insufficient Self-Efficacy Perception	-.282*	.025

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**p<0.01, *p<0.05

Participants were found to have a positive and low level of correlation between the total scores from Careful Decision Making sub-dimension of the Decision Making Scale and Clear Goals, Specific Feedback and Mental Focus sub-dimensions of Optimal Performance Emotional State Scale. There was a significant negative correlation between the Avoidant Decision Making sub-dimension of the Decision Making Scale and the Inadequate Self-Efficacy Perception sub-dimension of the Perceived Stress Scale (Table 5).

DISCUSSION and CONCLUSION

The study group of the research, which was conducted in order to examine the perceived stress, optimal performance emotional state and the decision-making styles of the elite female basketball players, constituted of 63 women athletes playing in the Women's Basketball Super League in 2015-2016 season.

According to research findings, perceived stress and self-esteem levels of decision-making of the participants are moderate. As a result of the research, it is determined that the lowest average value of decision making styles is in the deferential decision making style and the highest average value is the careful decision making style. This finding is in parallel with the work of Kanta, Altıntaş and Cook (2012). Kat (2009) examined the stress levels of individual and team athletes and found that individual athletes had a higher level of stress and that basketball players' continuous optimal performance emotion states were above the middle level (Kat, 2009: 50).

The results of the research show that action-awareness association sub-dimension of optimal performance emotional state of the participants aged 25 and above are higher from participants aged 17-20; and higher than participants aged 21-24 in sense of control sub-dimension. The results obtained from Çetinkalp (2011) study are similar to this finding (Çetinkalp, 2011: 43). It can be said that emotional states of older athletes have also developed with maturation and sports experience. On the other hand, perceived stress and decision making styles do not differ according to age. Studies by Kat (2009), Tuncel (2000), Baştuğ and Çumralıgil (2004) support this finding (Kat, 2009: 51, Tuncel, 2000: 229, Baştuğ and Çumralıgil, 2004: 95-100).

Another finding from the research is that the athletes who have sustained an injury have a higher perception of self-efficacy than those who haven't. In the study conducted by Dorak (1993) on the elite athletes, there was no difference in the self-esteem dimension of the athletes returning to sports after sustaining an injury and had treatment (Dorak, 1993: 82), in a study conducted by Aydoğan

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(2014), it was determined that self-esteem of the athletes who have sustained an injury were low after the treatment (Aydogan, 2014: 46). There is no difference in the optimal performance emotional state and decision style of the athletes according to the variance of disability status. In a study that investigated the relationship between stress levels of volleyball players and the incidence of injuries, there was no correlation between the stress levels of the athletes and the incidence of injury (Williams, Tonymon and Wadsworth, 1986: 38-43).

When the optimal performance emotional state is analyzed according to participants' basketball playing year variable, the clear goals of 15 years and over basketball players are higher than those who play basketball for 10-14 years. It is believed that this is due to the fact that experienced athletes can make more clear and planned goals by making use of their experiences. Çetinkalp (2011) found that there is a significant relationship between experience and task challenge-skill balance, action-awareness association, clear goals, specific feedback and sense of control in the study of where he examined continuous levels of optimal emotional state of dancers (Çetinkalp, 2011: 44). Perceived stress and decision-making styles do not differ according to the years of playing basketball. In the study by Kelecek, Altıntaş and Chef (2012), aimed at determining the decision-making styles of the athletes, there was no difference in decision style in terms of sports experience.

As a result of the correlation analysis, it has been found that there is a low level of positive relationship between decision making style and careful decision making and optimal performance emotion state sub-dimensions' clear goals, specific feedback and relative focus. The careful decision-making style is the choice after the individual carefully searches for the necessary knowledge and carefully evaluates the alternatives before making a decision (Deniz, 2004: 23-35). Clear goals include the feeling that the athlete clearly knows the requirements of the movement and the objectives for the movement; How the individual feels about performance in terms of his / her motivations and goals, how the individual is able to obtain self-feedback/information from the performance exhibited, and the focus on relativity refers to completely focusing on the task at hand Cook et al., 2007: 182-196). According to our research findings, female athletes who embrace more careful decision-making style feel more focused on clear goals, specific feedback and task focusing. The results also show that there is a low level of negative correlation between avoidant decision making style and inadequate self-efficacy perception. The avoidant deci-

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sion-making style is that the individual tends to abstain from making decisions, tends to leave decisions to others, and is thus trying to get rid of making decisions by transferring responsibility to another (Deniz, 2004: 23-35). Inadequate self-efficacy perception is a component of perceived stress and refers to situations such as feeling that one cannot cope effectively with significant changes in his or her life and feeling not trusting in the ability to handle personal problems (Eskin et al., 2013: 132-140). According to the results of correlation analysis, the inferior self-efficacy perceptions of female athletes who adopt more of the avoidant decision-making style are lower. For this reason, it may be that the person who handed over the responsibility to another may with avoidant decision making by alleviating the burden of responsibility for himself / herself and avoiding the situation.

As a result; It is thought that the basketball player's continuous optimal performance emotion states are caused by the fact that the research group is an elite basketball player. Making efforts to increase internal motivation to develop an optimal performance emotion state, expressed as internal pleasure, can allow the perceived stress to be reduced at the same time as providing the optimal performance emotion state and allowing for accurate and effective decisions at the time of the match as a result of reduced stress.

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